



HAWAII STATE  
DEPARTMENT  
OF HEALTH

**A simple guide** to the  
nine essential items to help  
you shelter-in-place in the  
event of an emergency.

Plan





HAWAII STATE  
DEPARTMENT  
OF HEALTH

[www.hawaii.gov/health](http://www.hawaii.gov/health)

**A simple guide** to the nine essential items to help you shelter-in-place in the event of an emergency.

# Plan



## 1 Water

**Bottled water.** One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.



Done

## 2 Food

**Nonperishable food.** A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix

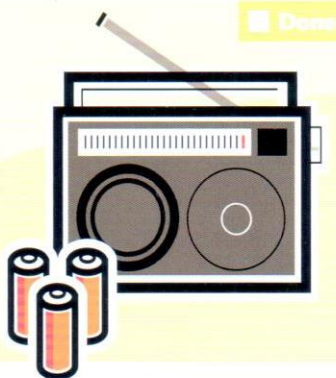


Done

### 3 Radio

**A battery-powered radio** for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.



Done

### 4 Medications

**Collect three days worth** of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.



Done

### 5 Clothes

**Collect one** change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of inclement weather.
- If you wear glasses, consider packing a spare pair.

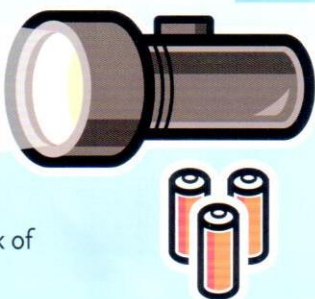


Done

### 6 Flashlight

**Keep a bright flashlight** in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.



Done

## 7 Hygiene Items

**Just the basics** like soap, toiletpaper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.



## 8 First Aid

**Basics such as** antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



## 9 Can Opener

**Make sure it's a manual** can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!



### NOTES

---



---



---



---



---



---

**For more information** about emergency preparedness, contact some of the following organizations:

Hawaii Department of Health	<a href="http://www.hawaii.gov/health">www.hawaii.gov/health</a>
Hawaii State Civil Defense	<a href="http://www.scd.hawaii.gov">www.scd.hawaii.gov</a>
Dept. of Emergency Mgmt. <i>(includes links to neighbor islands)</i>	<a href="http://www1.honolulu.gov/dem/">www1.honolulu.gov/dem/</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Centers for Disease Control	<a href="http://www.cdc.gov">www.cdc.gov</a>
Disaster Assistance	<a href="http://www.disasterassistance.gov">www.disasterassistance.gov</a>
Federal Emergency Management Agency	<a href="http://www.fema.gov">www.fema.gov</a>
U.S. Department of Homeland Security	<a href="http://www.ready.gov">www.ready.gov</a>

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.



**This publication** was supported by Cooperative Agreement Number U50/CCU302718 from the CDC to NACCHO. Its contents are solely the responsibility of the Montgomery County, Maryland, Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.

**You can do this.**